



Media Advisory

Northeast Cobb YMCA will host Healthy Adults Day to help adults regain connections, community in post-pandemic world

For immediate release

April 10, 2023

Marietta, Ga. – The Northeast Cobb Family YMCA will host its first annual **Healthy Adults Day** on Saturday, May 20 (8 am–2 pm). More than 200 people and 30+ local businesses will participate. The free community event features keynote presentations about mental health, aging in place and Medicare fraud plus health screenings from Walmart Health, demonstrations from community businesses that support the wellness of aging adults.

Who: Northeast Cobb Family YMCA, Marietta, Ga.

What: Healthy Adults Day – community health fair, health presentations, community networking

When: Saturday, May 20, 8 am–2pm

Where: Northeast Cobb Family YMCA, 3010 Johnson Ferry Road, Marietta, Ga., 30062

Why: The pandemic challenged all of us to stay healthy, connected and sharp. As the world changed, older adults may have been cut off from their communities, friends and routines. The Y provides a place for reconnection, rebalance and reinvigoration.

Media access: YMCA staff will help coordinate interviews with executives, YMCA members, keynote presenters and others. Images will include the community gathering within the backdrop of the Northeast Cobb YMCA facility, including basketball court (speakers hall), indoor arena (exhibit hall) and welcoming visuals of the YMCA mission.

Contacts:

Healthy Adults Day event details

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